

***Farmers Markets: Fresh, Nutritious, Local*** and ***Kids Rock Nutrition in the Kitchen*** are Nutrition.gov videos available online with new supporting web pages and resources:

[Top 10 Reasons to Shop at a Farmers Market](#)

- Farmers Market Food Safety
- Seasonal Produce
- Cooking Methods & Recipes

[Kids in the Kitchen](#)

- Health & Development
- Food & Nutrition
- Kids Corner
- Kids Food Safety

These videos are also now available on DVD, so if you are looking for an educational tool to use with your clients and the public, you can request a copy by emailing [info@nutrition.gov](mailto:info@nutrition.gov).

Kathleen Pellechia, RD  
Electronic Resources Coordinator  
WIC Works Resource System